

3. Sources of injury within the activity -

- mats
- formations
- lifting
- signals to indicate release of support.
- practising with someone.

4. Other sources of injury

- clothing - hard objects in pockets, picks, etc.
- cleanliness & repair of mats.

5. Methods of developing student responsibility for safety.

c. Attitudes -

1. Safety & health more important than spectacular accomplishment by a few.
2. Stunts & tumbling dangerous only if improperly taught and organized.

Abbreviations for Trunk Bending

Position:

Command:

Prone - lying	{	prone ly.	}	down
Front hand lying		front ly.		
Prone fall		prone fall.		compens.
Front Hand lying		frt. hnd ly.		

Bk. ly.

On bk. - ly. down.

In. pt.

bwd. - fall.

tw. pt.

tk. rt. & lt. - turn

Stands at ease. Hds. behind bk.

Stands easy. any way.

Dec. 8th Theory of Gym -

Table 1.

General Activities

- Skipping w. ropes
- Open. order
- Something light

Arm

{ - whip. & hd.

Leg

H

Lat. & abd.

Abbreviations

- 2A. - both arms
ank. - ankle
abd. - abdomen
A. - arm
bk - back
ch - chest
ft. - foot
ell. - elbow
hd - hand
L. - leg
kn. - knee
N(nk.) - neck
tce - toe
T - trunk
hl - heel
hd - head

Abbreviations for Directions

- bkw. - backward
btw.(bet.) - between
dw. - down
fr. - front
fwd. - forward
lt. - left
rt. - right
obl. - oblique
sdw. - sideways
upw. - upward
sd. - side

Positions & Movements

- acr. - across bal. - balance
alt. - alternate(lly) bd. - bend
L - angle ct. - count

- O circ. - circle (ing)
 Clap. - clapping
~~clap~~ cl. - close
 Cr. - crook or (hook)
Cross X - cross
 dp. - deep
 dr. - drop
 dg. - drap
 fisc. - fisted
 fleg. - flying (ing)
 flet. - front
 gr. - grasp
 rg. - ring
 rot. - rotating (ing)
 S - half wing (Standing)
 pitt. - putting
 spr. - spring
 st. - standing
 pgt. & pg. squat
 stch. - stretch (ing)
 str. - stride
 stp. - stoop (angle & bow)
 sup. - support
 $\frac{1}{2}$ - half pl. - place
 hne. - heame pos. - position
 hg. - hang (ing) pr. - pressing
 hi. - height $\frac{1}{4}$ - greater
 hop. j. - jump. rais. - raising
 hopp. - hopping rech. - reach
 kn. - kneeling sw. - swinging (ing)
 lat. - leaning rot. - to rest
 ln. - lean tw. - twisting
 ly. - lying wk. - weak ()
 lift. - lifting
 opp. - opposite
 w. - with
 yd. - yard

Movements

In

A - arms

H - head

B - balance

S

A - abdominal

L legs

S

J - jumping

R - ~~giant~~ relief

Raising starting
positions : (1) arm,
(2) leg
(3) trunk

In a huge bunch she ate little
sweet jam rolls.

1. Sagittal plane is the line to mean forward + backward movements of the body.
2. Frontal plane - is yof side bendings
3. Horizontal plane is the line used for turns & twistings.
4. Adduction - moving toward the medial line. Abduction - away from medial line.

We try to understand body mechanics by ceasing to think of the body as one mass. Learn to consider it as an assembly of masses & as consisting of a system of passive bones each of which is surrounded or separated by a group of muscles. The various bones & their surrounding muscle masses

may be considered as an assembly of major or minor sections. Each section having a certain weight of its own.

Sequence for Command:

Description, pause & signal
When naming movements - name most important activity first.

There is no connecting link between desired starting position & movement.

Theory of Gymnastics

Elli Bjørkesteru - head of a finishing school of gymnastics in Europe.

Chinese people late in starting physical education. Chinese movement is called Congfu. They practiced gymnastics to prolong life. A popular activity is flying kites.

India - Hinduism dominates the lives of the people. Brahma - To reduce the individual, to obtain this ^{state} is to refrain from activity by concentration and meditation.

Egyptians, Syrians, Babylonians, ^{Hebrews} - Active life is important and interesting. They have organized sports.

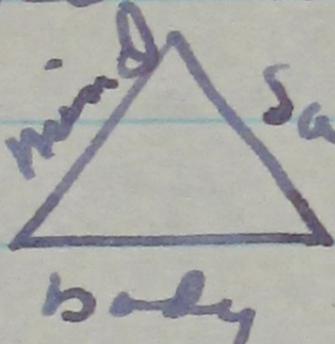
Medes, Persians - they obtained independence. Intellectual training was not important it was neglected. Rigid program was mapped out for the boys (riding, archery, etc.) Truthfulness was demanded and health. At age of six boys were taken out after by the state to go in for military training. The Persian education was moral and physical.

At age of 20 boys were finished
of training but until 35 they
were ready for any physical
calling.

Greece - 2 contrasted kinds of
ed. (1) Spartan - for the state.

(2) Athens - more dominant
and which we are more interested
today.

Free citizens received gymnasium &
music. Music was designed to
develop the intellect & emotions.
Individual completeness or
harmony of parts. Greek conception
of mind and body developed
together.



} Greek idea of
equal development
of each.

This today is the main idea of the "g".
Plato took the soul and his ideal
is the harmonious development of
the individual. The soul of man
has different parts: 1. Reason & rational wisdom
2. Emotions (higher) - spiritual courage
3. Feeling - appetite - temperance

Iff. societies { 1. Statesmen - rulers
2. Executive force - obedient
3. Civilian population -

Bjorkstein Gymnastics

Table II

Nov. 1939

Gen. activity - 2 Ranks enter side of room. 8 skips forew. To meet partner, hds. with 4 skips turning about then continue to opp. side of room w. 8 skips finishing w. 4 j's on spot turning about.

Arm - 2 A bd. & stretch. pedew. pw. downw. forew. upw. bd. & stretch. forew. pw. downw. pedew. & upw. finish 2 A bd. & stretch. downw.

Progression - 2 A bd. stretch. & pw. in various directions.

Leg - 5 whip j. w. hd. clap fal. by 5' j's on spot.

Head - x pitt. rt. front. rt front. rt. - lt. - rt. - lt. (very loose)

Abdomen - Bk. ly. 2 Kn. lift stretch & 2 leg pw. to x^t pitt.

Arch - Prone ly. (fists clenched to forehead) T bd. backed. (1-2-3) arm cast to yd. (4-5-6). Beat w yd. (1-2-3-4) on ct. 4 arm cast inward to finish w fists clenched to forehead.

+ - st. T sprg. & finger beating - 98

2 beats arms pedew., 2 beats fore.
2 beats pedew. fol. by clap on floor
in front of feet & stand.

Heave - group ① - Hi heave hang about
time (3 etc.) feet out & placely hang
down fol by leg piving desnt.

group ② - support jump in two's.
Farms - hi spring from side to
side over form with support.
group ③ - Crouch spring over
partner leap frog.

Balance - pt. alt. kn. lift & grasp fol.
by head bd. fol. by stretch.

Abdomen - Partners - support 4d. ly. place
2 leg lift to angle by & 2 leg piv.
from side to side.

Lateral - Prone ly. Change to prone fall
change to side fall. fol. by 2 leg
piv. pedew. Three sett. pos. to prone
fall.

Agility - Farms - star jump over
farms (with support - 1 far arms)



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